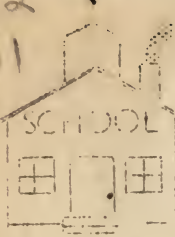


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School Lunch

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January 1, 1945

Office of Distribution
Fargo, North Dakota

MENUS AND RECIPES
FOR N. D. SCHOOLS

January's Abundant Food bulletin comes out in new form. Included are suggested menus for each school day of the month and a few recipes featuring foods on the Abundant Food List. The bulletin is included in this envelope. On the January list are: Apples, soya flour, potatoes, grapefruit juice, peanut butter and eggs.

Best available talent in the home economics and nutrition fields will be drawn upon to provide schools with this menu and recipe service, and particular effort will be made to adapt the material to use in North Dakota.

The master menu for January was prepared by Miss Christine Finlayson, state supervisor of Home Economics Education, and her assistant, Miss Helen Cawley. Material was checked by Dr. Lieta Davy, Dean of Home Economics at North Dakota Agricultural College. You will note menus may be used both by the school which prepares and serves the complete meal, and the school where part of the food is brought from home by children. If you like this service, or have any suggestions for improvement, let us know about it.

JAMESTOWN PARENTS
GET MENUS FOR WEEK

Jamestown High School is one of the many schools in the state which keep parents informed on what their children will be eating at the noon lunch. Mimeographed sheets are sent home a week in advance. Parents are urged to post them on their cupboard doors. The menus tell what food is to be provided at school and suggests what might be brought from home to round out the lunch.

For example, Jamestown's menu for Monday, November 27, which called for escalloped potatoes with ham, cranberry relish and milk to be served at school, and suggestions on what to bring from home included: (1) Either a jelly and peanut butter, cheese, or lettuce and tomato sandwich on dark bread, (2) carrot and celery sticks, (3) cookie or cake and (4) orange. This type of service is appreciated by parents. It helps them plan the evening meal so as not to conflict and helps solve the question of what to bring from home in those schools where complete meal service is not offered at school. Members of the Home Economics I class at Jamestown High draw up the "what to bring from home" suggestions as part of a continuous meal planning project. Nice going, Jamestown. You are setting a fine example for others.

FUNDS AVAILABLE FOR
FEW MORE PROGRAMS

Although North Dakota's participation in the Community School Lunch Program is running ahead of last year at this time, WFA funds allocated to this state had not been entirely encumbered late in December. This means there is still time for a few more schools to take advantage of available assistance. County superintendents and sponsors of programs operating now, have our permission to pass this word along to other interested schools in their counties, but it should be stressed quick action is necessary. We mention this because it has come to our attention that some schools wanted to start a program but they hesitated in applying because they thought it was too late.

(Over)

PARENTS TAKE TURNS
PREPARING HOT DISH

There's real teamwork in the Community School Lunch Program in District 33 in Menoken. But let's have Mrs. Ethel Heising, nutritionist of the Division of Maternal and Child Hygien of the N. D. State Department of Health tell about it: "Mrs. Alice Shrum, principal and Mrs. Offerdahl the other teacher, meet once a month with a parent group headed by Mrs. Vesta Guest, to plan menus and work for the month ahead. Each parent takes a turn bringing the hot dish for the noon lunch. With 14 in the group it means that one prepares a dish once every 3 weeks. If the parents live at a distance the dish is brought in the morning and heated at school. Many of the parents bring the dish ready to serve at the noon hour.

"Staple items for the hot dish are purchased by Mrs. Shrum and sent to the parents. Vegetables, eggs, etc., for the dish are purchased from participating families at market prices. Fruit juice or fresh fruit is served with the hot dish. The children bring milk and bread from home. Each child brings a cup, dish and silver in his lunch box every day and takes them home at night to be washed.

"There are 8 grades in the school with 30 children participating in the hot lunch program. Mrs. Shrum reports the children to be gaining in weight, the parents cooperating splendidly, and the teachers very happy about the program".

HERE ARE REMINDERS
ON MONTHLY CLAIMS

Much improvement is being shown by North Dakota schools in preparation of their monthly reports and claims. There are a few points, however, which bear repetition. Persons responsible for making out reports should keep these things in mind:

1. Remember, WFA reimburses only for money paid out for foods. Your maximum claim (the number of meals served multiplied by rate of reimbursement) is a drawing account, and not the amount to be claimed automatically. Your claim should never exceed your cash or credit expenditures for food. For example, if your maximum reimbursement is \$15.00 and you use only \$12.00 worth of purchased food during the month, your claim should be \$12.00.
2. Be sure to give poundage or measure, such as dozens, in your report on purchases of Abundant Foods, under Item 5.
3. Some schools continue to send in claims without reporting value of donated time and foods. In most schools there is some donated time in preparing and serving the lunch. This time should be given a value (the cost of hiring some one to do the work) and this value in dollars should be included in the total for Item 4 on the claim. This is important in arriving at the total contribution of the community, which should equal at least the help given by WFA.
4. No funds are available at the Fargo District Office to pay postage due on claims and other communications from participating schools. To avoid having claims returned for additional stamps be careful to see that you have adequate postage.
5. The Disbursing Office requests vouchers to be prepared according to the enclosed sample. The original (white) and 2 copies (yellow) are to be submitted with the claim.

HAPPY NEW YEAR
RESOLUTION TIP

Christmas is over. We of the Fargo District Office hope it was a merry one for all readers of School Lunch News. We join in wishing you a Happy New Year. Incidentally, if sponsors want a resolution suggestion, why not resolve to get your monthly school lunch claims in on time. They are due the 10th of the month following the month of operation, you know. It was necessary to send notices to 80 delinquents out of 558 schools operating in December.